

RYAN COOK

FSA, EA, CERA, MAAA

Consulting Actuary

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Current Responsibility

Ryan Cook is the lead and co-lead actuarial consultant for over a dozen clients at Milliman, including single-employer corporate pension and OPEB plans and public pension and OPEB plans.

Professional Work Experience

Client Projects

- Funding valuations (PPA, PBGC, VEBA, and ADC)
- Accounting valuations (ASC 715/960 and GASB 67/68/73/74/75)
- Government filings (Forms 5500, PBGC Forms 10, and PBGC premium filings)
- Experience studies
- Deterministic and stochastic projections
- Plan change/design studies
- Plan de-risking studies
- Plan terminations
- Benefit calculations

Other Work

- Serve as co-lead actuary in the development of Milliman's online projection tool
- Develop and manage various firmwide Excel-based tools
- Serve as ProVal expert within Milliman
- Conduct firmwide training sessions

Professional Designations

- Fellow of the Society of Actuaries (FSA)
- Member of the American Academy of Actuaries (MAAA)
- Enrolled Actuary (EA)
- Certified Enterprise Risk Analyst (CERA)

Education

Bachelor of Science in Mathematics from the University of Idaho

Presentations and Publications

- Article: [IBM saves billions by reopening its pension plan – Could other companies do the same?](#)
- Monthly publications of the [Milliman Pension Buyout Index](#)
- Assist with annual publications of the [Corporate Pension Funding Study](#) and monthly publications of the [Corporate Pension Funding Index](#)
- Podcast: [Could pensions save big this year? Experts weigh in on 2023 PBGC premiums](#)
- Article: [Should you switch to the standard method to calculate your 2023 PBGC premiums?](#)
- Article: [What made 2021 such a big year for pension risk transfers?](#)
- Article: [How the American Rescue Plan Act of 2021 can impact corporate pension plans: Four case studies](#)
- Article: [Navigating retirement risks](#)